



FOR ME

“Self-care is not selfish. You cannot serve from an empty vessel.”

- 1. Be on the lookout for opportunities to perform good deeds and act upon them.**
- 2. Take a walk in nature.**
- 3. Eat chocolate slowly.**
- 4. Sip a cup of hot cocoa or a mint iced tea just for you.**
- 5. Be mindful to always speak in a nice and polite tone.**
- 6. Broaden your perspective: read a different newspaper or book or listen to a new podcast today.**
- 7. Attend a class or lecture.**
- 8. Call, email or write the closest 5 people in your life and let them know the unique impact they have had.**
- 9. Be open to hearing someone else's point of view. Listen carefully to what someone says he/she's saying and calmly state your argument without anger should be diminishing your response.**
- 10. Declutter your room. When everything has a place, you will be in a better mental state.**
- 11. Give away possessions that you can do without.**
- 12. Be mindful of your words. Don't gossip, spread rumors or tell secrets about your family members.**
- 13. Be curious. Learn about three new areas.**
- 14. Come up with at least one way to improve a relationship and do it.**
- 15. Develop a list of occasions when something that seemed really bad at the time ended up being good.**
- 16. Save all your loose change. When you have a considerable amount, donate it to a charitable organization.**
- 17. Create a scrapbook including photos of things you are grateful for in life.**
- 18. Instead of throwing out old clothes, pass them onto others.**
- 19. Be thankful all year round. Write down three positive things that happened to you over the course of the day, whether big or small.**



FOR MY FAMILY

1. Seek opportunities to help out family members today even if you are busy.
2. Be patient with family members.
3. Collect your family's recipes and share with other family members.
4. Call your grandparents and brighten their day.
5. Do something today that inspires others to emulate your behavior.
6. Give a short Dvar torah or teach a Torah class to your friends.
7. Refrain from making assumptions.
8. Love someone for who they are.
9. Speak only the truth today.
10. Forgive those who have wronged you – especially family members.
11. When Shabbat ends, offer to wash and fold the laundry so your parents, spouse or child has one less chore to do.
12. Surprise your family with a delicious meal.
13. Plant some flowers
14. Bring home flowers
15. Write words of encouragement on post-it notes and stick them in random places.
16. Bake and distribute cookies to your friends and family.
17. Teach your children the importance of having good values and come up with practical examples together.
18. Call or check in on your parents, siblings or other family members.
19. Talk to your mother. Call your mother-in-law. Speak to an elder. Contact an older friend, neighbor, or relative. Personally gift them with a plant, flowers, or a Shabbat dessert.
20. Decorate the front door of your home with a "Welcome Home" sign and streamers.
21. Write a handwritten letter (because it's more personal than an e-mail) to a grandparent or elderly relative.



FOR MY FRIENDS

1. Comfort someone who is sad by sitting with him or her. Do not ask what is wrong, just be with them.
2. Create a WhatsApp group to send out a daily Halacha (Jewish law) about Lashon Hara (harmful speech). Publicize the group to family and friends.
3. Bake and distribute cookies to your friends.
4. Be supportive of a friend or relative who is going through a particularly bad time.
5. Check in with your siblings and friends.
6. Do something little but thoughtful for a family member – like clean up after dinner!
7. Carry around a pair of spare winter gloves and offer them to your parents or siblings.
8. Apologize to anyone whom you may have insulted by something you said or wrote.
9. Make good to someone you may have offended and accept others' apologies in return.
10. Ask a friend, classmate, or co-worker what you can do to help them this morning. Then do it with a smile.
11. Talk with a family member about a difficult experience he/she overcame.
12. Write a letter to your friends letting them know how grateful you are for their friendships.
13. Compliment a family member today.
14. Ask a friend's favorite meal and deliver it to him/her.
15. Buy someone his or her favorite chocolate for no reason.

FOR MY NEIGHBORS

1. Bake and distribute cookies to your neighbors.
2. Help prepare and clean.
3. Say something positive to everyone you meet today.
4. Buy balloons for someone who needs cheering up and attach an encouraging note.
5. Do something meaningful for someone you care about



FOR MY COMMUNITY

1. Collect and donate old eyeglasses for people in need.
2. Teach a class or learn at your synagogue.
3. Call or write a rabbi or former teacher to tell them how they positively impacted your life and thank them.
4. Encourage a child to write a letter of appreciation to a teacher.
5. Vow to volunteer once a month for an organization that serves your community.
6. Tie-dye t-shirts and decorate baseball hats and donate them to an organization that cares for children living with chronic illnesses.
7. Donate blood.
8. Cheer up someone who is in the hospital and try to make him/her laugh.
9. Learn to lead Shabbat services and do it for residents at a senior home.
10. When you attend a lecture, thank the speaker for one specific idea you heard.
11. Develop and facilitate fun activities for family and friends.
12. Bring a plant to someone in a nursing home.
13. Collect children's books from friends and relatives and donate them to the children's ward of a hospital.
14. Avoid buying items that have been produced unethically.
15. If you mistakenly pick up an item that you don't need in the supermarket, return it to its proper location.
16. Give back to your community. Visit www.areyvut.org for great ideas!
17. Donate office supplies to a philanthropic organization.
18. At the supermarket, buy an extra can of whatever you are buying to donate to a food drive or food bank.
19. At the end of the day, donate your spare change to tzedakah.
20. Donate a pair of tefillin anonymously to someone who otherwise could not afford it.
21. Donate Jewish books to a school or synagogue.
22. Donate money or offer to help at a vocational training program.
23. Give or organize a lecture for your community on any topic in Jewish history.
24. Donate tzedakah to an organization to demonstrate gratitude.
25. Attend a town hall meeting in your community to become more aware of the various needs in your community.
26. Become a peer mentor at work or school.
27. Attend a lecture at your synagogue over Shabbat.
28. Offer to deliver items for someone who is unable to do him or herself.
29. Volunteer to share some insights at your local synagogue.
30. Offer a tutorial on a topic you are knowledgeable in. Be a patient teacher.
31. Plan to give your leftover Shabbat food to your local food pantry.
32. Buy underwear and socks to donate to a local shelter.
33. Arrange to donate your leftover Shabbat food to a local food pantry.



FOR MY COMMUNITY

34. Call an animal shelter and find out what donations they need. Start a collection of items including, food, cat litter and blankets for homeless animals.
35. Write a letter to your national, state or local representative thanking them for a specific thing they have done in office.
36. Bring your lunch to school or work in a reusable bag. Donate the amount of money you would have spent on your lunch to a soup kitchen.
37. Collect children's books from friends and relatives and donate them to a children's hospital ward.
38. Collect used sports equipment to donate to public schools in need.
39. Collect the prayer books used in the synagogue and return them to the bookshelves.
40. Call a soup kitchen to volunteer to help when they can most use the support.
41. Bring donuts (or a healthy treat like cut-up fruit) to school or work.
42. Gather blankets, boots, and warm clothes. Arrange to drop off all donated items to a homeless shelter.
43. Visit a friend, elderly relative or someone who is housebound.
44. Donate toys to an organization that gives gifts to children with cancer.
45. Donate items for infants and young children, such as strollers, diapers, clothes and toys. Bring them to an agency that will distribute them as needed.
46. Bake a batch of cookies and bring them to the office staff on your next doctor's appointment.
47. Make a designated time to prepare a home-cooked meal for someone in need.
48. Find unneeded items in your home and donate them to charitable organizations.
49. Write birthday cards and deliver them to a senior residence to distribute to their residents.
50. Return stray carts in a parking lot
51. Bake cookies and deliver them to the police or fire department.
52. Design cheerful cards for patients in a local hospital and personally deliver them.
53. Discuss starting a "kindness newsletter" for your community, featuring local resources and inspirational stories of local people doing acts of chesed.
54. Collect soaps, shampoos and other small toiletries and donate them to shelters for victims of domestic violence and abuse or family centers.
55. Adopt a pet from your local animal shelter.
56. Collect magazines to donate to a hospital waiting room.
57. Donate art supplies to schools or daycare centers.
58. Write a letter to your state representative and thank him or her for their service.
59. Decorate pillowcases and give them out to children in a hospital.
60. Thank store clerks for their assistance regardless of whether or not you purchased something.



FOR ISRAEL

1. **Write letters or draw pictures to support the IDF**
2. **Attend a rally in support of America and/or Israel.**
3. **Hang an Israel flag in your front window.**
4. **Comfort someone who is sad by sitting with him or her. Do not ask what is wrong, just be with them.**
5. **Email the president or another government official to voice your support for Israel.**
6. **Buy Israeli-made products and publicly support Israel today.**
7. **“Adopt” a family victimized by terrorism.**
8. **Create a fundraiser with a group of friends to benefit an organization based in Jerusalem.**
9. **Advocate for peace in Israel within your local community or on a national scale.**
10. **“Adopt” a chayal boded (lone soldier) in Israel. Send a greeting ensuring that he or she knows people are thinking of them back home.**
11. **Help collect supplies and ship them to Israel.**
12. **Donate kippot and tzitzit to boys living in a local group home or one in Israel.**
13. **Donate money to an organization that helps new Olim (immigrants to Israel).**



FOR THE WORLD

1. Advocate for organizations that help bring clean water to developing countries.
2. Be mindful today to accept all people with different beliefs.

FOR NATURE

1. Before leaving your house in the morning: lower the thermostat, be sure to turn off lights, unplug chargers from the outlets and lower the AC.
2. Clean up a neighborhood park or playground.
3. Buy an indoor herb plant and use when cooking.
4. Study the environmental impact of the foods that you choose to eat today. Choose foods with less negative environmental impact.
5. Take time to appreciate nature. When you are outside, stop, look around and be thankful.
6. When picnicking in the park, leave the area where you ate the way you found it. Bring extra reusable bags to the farmers market and grocery store, and share with anyone who forgot to bring a bag with them.
7. Bring a reusable cup to the coffee shop.
8. Prune your indoor and outdoor plants, divide and repot, and share them with neighbors and friends.
9. Go for a jog on a beach or by a lake to appreciate the nature around you. Take time to realize that you are just a small part of God's huge world.
10. Be conscious of the environmental impact of the foods that you choose to eat today. Choose foods with less negative environmental impact.
11. Bring reusable bags with you to the supermarket for your groceries.
12. Pick up litter in a park.
13. Add more clothes to your laundry cycle to save water on more washes.
14. Buy a reusable water bottle to cut back on waste.